

Reading Skills

No matter how proficient a reader you are, your reading skills can be better. Some people might like to read more than others, but reading skills, like writing and math skills, are not necessarily something you are born with, rather something you can work to improve. Whether or not you like to read, you must force yourself to concentrate on reading in order to process all the new information that will be on quizzes and tests. Reading assignments are important not only for exams, but also to increase your knowledge and make you an informed participant in class discussions.

Try reading and concentrating on the material below. Then answer the questions that follow that follow to test your reading comprehension.

“Active reading” refers to being engaged with the material and taking notes on the subject matter. When you read this way, rather than simply skimming through the contents of a textbook (referred to as “passive reading”), you typically remember more of the material, as you understand it better.

It is possible to improve your reading and speed comprehension. First, you need to create a comfortable reading environment. Reduce distraction and background noise, such as televisions and stereos, and adjust the room temperature to a comfortable level. It is also important to get enough sleep to remain alert while you read and not to read on an empty stomach. The goal is to concentrate as much as possible on the material at hand and try not to let your mind wander. This is harder to do when you are sleep-deprived, hungry or distracted.

Be realistic with your reading goals. Plan to get through a set amount of reading each hour – 20 pages, for example. Take one five-minute break each half-hour to stretch and give your mind a rest.

Reading comprehension questions:

1. **What is the name of the type of reading in which you are engaged in the material and take notes?**
2. **What is one way to improve your reading speed and comprehensions?**
3. **What is the suggested length of time and number of breaks per hour of reading?**



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